Carry these essentials on all hikes for a safe and enjoyable experience.

1. Navigation: map, compass, GPS system, extra batteries
2. Insulation: waterproof/windproof jacket, hat, face mask, goggles, gloves, thermals, wool socks (wear layers, pack extras)
3. Gear: snowshoes, traction devices, gaiters, insulated/waterproof boots, trekking poles
4. Light: headlamp, flashlight, lanterns, extra batteries
5. First-Aid Supplies: pre-made kit or build your own
6. Emergency Kit: whistle, signal mirror, fire, duct tape, pocket knife/multi-tool
7. Fire: matches in waterproof container, lighter, fire starters
8. Nutrition: high-protein/high-calorie (pack extra, break into small pieces, pack in center of bag to avoid freezing)
9. Water: plenty of water, a water filtration system, insulators on tubing (pack in center of bag to avoid freezing)
10. Emergency Shelter: space blanket, tent, bivy sack, rope/paracord

IN AN EMERGENCY CALL: 911

1-833-NYS-RANGERS (1-833-697-7264)